

January  
2020

# KIDS2KIDS

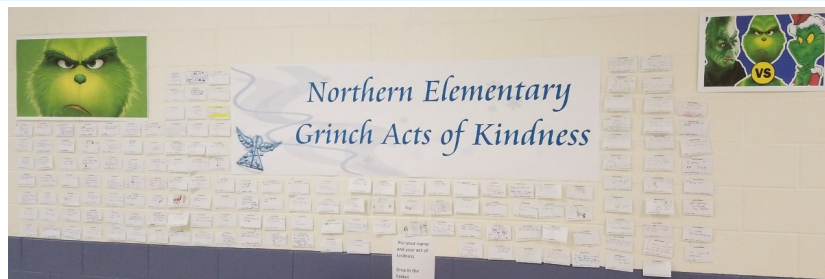
## Students Uniting to Create Positive Change

Coalition for Healthy and  
Safe Communities  
61 Spring Street, Newton, NJ  
Phone: 973-383-4787  
[www.centerforprevention.org](http://www.centerforprevention.org)  
Contact Tina or Jenn

### "Grinch Acts of Kindness" Wall

A student from Northern Elementary School fifth-grader has a very creative mind!

The student came up with a 'Grinch Spirit Day' where students dressed in green and rather than being mean, the students were challenged to perform acts of kindness instead.



To acknowledge their good deeds, the students recorded their acts on the 'Grinch Acts of Kindness' wall.

One student wrote they "helped a friend with reading," another wrote they "bought lunch for somebody."

Way to go kids! Acts of kindness can be all it takes to make someone's heart grow three sizes.

**When we seek to discover the best in others,  
We somehow bring out the best in ourselves.**

~William Arthur Ward~

### Spreading Kindness One Rock at a Time



The students of the Halsted Art Club have been spreading smiles in the community by creating kindness rocks. By creating these rocks they have joined a nationwide initiative to bring fun and joy to Newton.

The students painted rocks and inscribed them with a positive message. The Kindness Rocks have been distributed or hidden around the community.

People who find the rocks have been asked to continue the kindness by taking a photo and posting to Twitter utilizing #HalstedPride or on Facebook by tagging Halsted Middle School and Sussex County NJ Rocks Facebook pages before hiding it again for someone else to find, allowing more smiles to spread.

### DON'T JUST STAND THERE!

Follow these tips to help prevent violence  
in and out of school:

- ◆ Be a role model by never physically or verbally harming, bullying, teasing or intimidating others.
- ◆ Volunteer to be a mentor for younger students and/or provide tutoring for your peers.
- ◆ Help develop and participate in activities to promote understanding and respecting others.
- ◆ If your friends tell you about troubling feelings or thoughts, listen well and let them know you care. Encourage them to get help from a trusted adult. If you are very concerned, talk to an adult you trust.
- ◆ If you feel intensely angry, fearful, anxious or depressed, talk about it with an adult you trust.

Courtesy of Safe USA, Preventing Youth Violence

**"IF YOU CAN'T  
THINK OF ANY-  
THING  
NICE TO say,  
YOU'RE NOT THINKING  
HARD ENOUGH"**

*Kid President*



# 50+ *ways to be kind*



**BE CONFIDENT**

use a reusable grocery bag **HANG CLOTHES TO DRY**

read a BOOK



**LAUGH OFTEN**

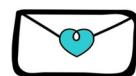
bake cookies for a friend

*bike instead of drive* *plant a tree* send a nice text to an unknown number

**STAND UP FOR A FRIEND** take some time for yourself **CLEAN YOUR ROOM**

switch to paperless mail

**SEND A POSTCARD**



**SMILE**

*carpool to work* **exercise** donate your old clothes to charity

bring toys to a children's hospital call your grandparents share a recipe

text an old friend



**high five a stranger**

*babysit for free*

tell someone you love them

use a travel mug



**ADOPT A SHELTER PET**

make a bucket list (and start it!)

**LOVE YOURSELF**

*thank a teacher*



put a bird feeder in your yard



write a review for a local business

tie scarves around trees

**Volunteer**



*hug a loved one*

**HIDE A SURPRISE IN YOUR FAVORITE LIBRARY BOOK**

*congratulate a friend*

**PRACTICE PATIENCE**

give socks to a homeless person

**DO THE DISHES**

start a community garden

*walk a dog*



bring soup to a sick friend

compliment someone

**OFFER TO HELP WITH YARD WORK**

**THANK YOUR BUS DRIVER**



deliver flowers to a well-deserving mother

**WRITE TO A PENPAL**

**BELIEVE IN YOURSELF**

**PICK UP GARBAGE ON THE STREET**

visit a nursing home

fund an online campaign

give a stranger a lottery ticket

**DON'T EAT MEAT FOR A DAY**



*be kind to every kind*



**RANDOM ACTS OF KINDNESS  
FOUNDATION**

[randomactsofkindness.org](http://randomactsofkindness.org)

